



WellNYS Everyday

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active. This initiative encourages employees to:

- Sign-up to receive the WellNYS Daily To-Do by email every day
- Run or walk your First or Next 5K
- Find out where to be physically active in New York State
- Celebrate your wellness success with “I Did It!”
- Engage in healthy behaviors while in your workplace
- Find a NYS Walking workplaces map
- Learn about Physical Activities in your region.

For more information go to:
oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do

May 2023

Choose an activity you enjoy to keep fit

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MONTHLY WELLNYS DAILY TO-DO'S

June

Start and end your day with a positive habit.

July

Go outside and enjoy nature in New York State.

August

Eat a variety of fruit and vegetables.

- 1.** The monthly WellNYS Daily To-Do is to choose an activity you enjoy to keep fit. Join us on Wednesday, May 10, at 12:00 noon for the wellness webinar, "Fitting in Your Favorite Physical Activity." Go to <https://meetny.webex.com/weblink/register/r5c9fd512ced0874c92bb355ad1085830> for more information and to register.
- 2.** What is your favorite physical activity? Scheduling a time for physical activity can be a motivator. What time will you choose to be physically active today?
- 3.** Not sure how to start exercising? Try doing simple bodyweight exercise movements like push-ups, sit-ups, or squats. Increase the number of repetitions over time.
- 4.** Finding the right type of exercise can be challenging. Search on-line for at-home workouts and try a couple this week to find what you enjoy most.
- 5.** Release tension in your shoulders or pain in your lower back by joining a guided yoga video after work today. You can counteract the stresses of modern-day life and feel more mindful while getting in more movement.
- 6.** Saturdays are a great day to explore. Choose a favorite outdoor place to visit today. Wear your favorite walking shoes and explore on foot, or explore using your favorite athletic equipment such as a bike, skateboard, frisbee, or kayak.
- 7.** Today is National Ride A Bike Day. New York State features bike trails such as the Mohawk-Hudson trail, the Walkway Over the Hudson trail, and the Great Lakes Seaway Trail. Check out 12 Amazing Bike Trails for Every Level of Cyclist: <https://www.iloveny.com/blog/post/amazing-bike-trails-for-every-level-of-cyclist/>.
- 8.** Studies have shown that Monday is the day when people are most likely to start new healthy behaviors. Try setting a reminder to move on Mondays. For more information visit: <https://www.moveitmonday.org/>.
- 9.** Cardio is great for your endurance, burning calories, and improving cardiovascular health. Try incorporating some cardio such as walking, pickleball, or cycling into your everyday routine.
- 10.** When was the last time you picked up a racquetball racquet or ping pong paddle? Racquet sports can be fun and competitive, and they offer another way to get some exercise.
- 11.** Pilates can be a great way to start your fitness journey because it may improve your balance, reduce back pain, and improve overall strength. Try Pilates today!
- 12.** What are you doing this weekend? Hiking is a fun and easy way to explore the great outdoors. Check out the following website to learn where there are some great hikes in New York State. <https://oer.ny.gov/physical-activities-around-new-york-state-hiking>.
- 13.** Finding what kind of exercise, you enjoy may take some trial and error. Recruit a friend or family member to try out new options until you find one that you enjoy.
- 14.** Dancing is a fun, moderate physical activity. Ask a friend to sign up with you for dance lessons. There are many types of dances to choose from: Waltz, Foxtrot, Quickstep, and the Tango. It's fun to learn something new.
- 15.** What are your fitness goals right now? To find which workouts are best for you, make a list of what you would like to achieve and try an exercise routine that can help you get there.
- 16.** Your favorite movements can involve sitting on the couch as you watch a show. Raise your legs off the floor as high as you can while tightening your abdomen. Do this 100 times for a great leg and core workout.
- 17.** Move in May! Create a list of activities you enjoy, and plan your week based on those activities. Monday could be a walk after work, Tuesday could be go for a bike ride, and so on. Planning can make you more likely to move more throughout the week.
- 18.** Today is the 3.5-mile CDPHP Workforce Team Challenge in Albany. Participants will be running, jogging, and walking through Washington Park. Some may even be tiptoeing through the tulips. If you aren't in Albany, find a local park to tiptoe, run, or walk through.
- 19.** Today is Bike-to-Work Day. Be on the lookout for people on their bikes and remember, cyclists can also share the roads cars that drive on.
- 20.** If you have a yard, look around to see if there is something you can do that involves physical activity such as raking leaves, moving shrubs, de-thatching the grass, or picking up the winter debris. This is great exercise!
- 21.** May is the perfect time for you to start your garden. Grow your garden while you grow your muscles. Gardening tasks can be a workout, and you can even sprinkle in some squats and lunges into your planting routine.
- 22.** Organize a Monday Mile at your workplace! The Monday Mile is a weekly group walk, jog, roll, or ride for 20 minutes to help everyone start the week off moving together. For more information, visit: <https://www.moveitmonday.org/mondaymile/>.
- 23.** Warmer weather calls for team sports! Team sports like tennis, volleyball, or basketball not only can be a fun activity with friends they benefit your cardiovascular health as well. What team sports do you prefer to participate in?
- 24.** Find little ways to move more during your workday, like marching in place while on a conference call or moving your arms and extending your legs while sitting.
- 25.** Today, schedule a date with a friend or family member for the upcoming weekend. Chat and take in the beautiful weather while hiking, kayaking, or canoeing.
- 26.** Basketball, golf, and bowling are physical activities that require skill. Which one are you good at? Which one could you try this weekend?
- 27.** CrossFit is a relatively new type of exercise. If you are looking for a full-body workout that combines cardio, weightlifting, and core training, this workout is for you.
- 28.** As the weather is getting warmer take advantage and head out on a walk any time of the day. Walk around your neighborhood or explore a local park. If it's raining, take a walk through a mall.
- 29.** In observance of Memorial Day consider taking a walk around a local historic memorial or explore the NYS Path Through History site: <https://www.iloveny.com/things-to-do/path-through-history/>.
- 30.** Core strength is important for posture, digestion, and much more. But sometimes getting down on the floor (or back up!) sounds difficult. Try seated or standing core exercise videos to strengthen your muscles in a way that works for you.
- 31.** Did you participate in your favorite physical activity this month? Join us in June as we discover ways to start and end the day with a positive habit.

Number of days completed